



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 03192, Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified**

Report Date: June 24, 2017 23:11 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Carbohydrate Factor: 4.1 Fat Factor: 8.4 Protein Factor: 3.5 Nitrogen to Protein Conversion Factor: 6.04

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 170g
<b>Proximates</b>						
Water	g	81.80	6	0.400	23.19	139.06
Energy	kcal	76	--	--	22	129
Energy	kJ	319	--	--	90	542
Protein	g	0.89	--	--	0.25	1.51
Total lipid (fat)	g	0.89	--	--	0.25	1.51
Ash	g	0.40	6	0.000	0.11	0.68
Carbohydrate, by difference	g	16.03	--	--	4.54	27.25
Fiber, total dietary	g	0.9	--	--	0.3	1.5
Sugars, total	g	8.85	--	--	2.51	15.04
<b>Minerals</b>						
Calcium, Ca	mg	6	7	1.000	2	10
Iron, Fe	mg	7.50	--	--	2.13	12.75
Magnesium, Mg	mg	11	1	--	3	19
Phosphorus, P	mg	41	1	--	12	70
Potassium, K	mg	97	--	--	27	165
Sodium, Na	mg	4	--	--	1	7
Zinc, Zn	mg	7.50	--	--	2.13	12.75
Copper, Cu	mg	0.075	--	--	0.021	0.128
Selenium, Se	µg	3.0	1	--	0.9	5.1
Fluoride, F <sup>1</sup>	µg	8.1	2	--	2.3	13.8
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	13.9	--	--	3.9	23.6

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 170g
Thiamin	mg	0.111	--	--	0.031	0.189
Riboflavin	mg	0.133	--	--	0.038	0.226
Niacin	mg	1.770	--	--	0.502	3.009
Pantothenic acid	mg	0.227	--	--	0.064	0.386
Vitamin B-6	mg	0.089	--	--	0.025	0.151
Folate, total	µg	22	--	--	6	37
Folic acid	µg	22	--	--	6	37
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	38	--	--	11	65
Choline, total	mg	4.1	--	--	1.2	7.0
Vitamin B-12	µg	0.44	--	--	0.12	0.75
Vitamin B-12, added	µg	0.44	--	--	0.12	0.75
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	17	--	--	5	29
Vitamin E (alpha-tocopherol)	mg	0.59	--	--	0.17	1.00
Vitamin E, added	mg	0.59	--	--	0.17	1.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.6	--	--	0.2	1.0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.126	--	--	0.036	0.214
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.002	--	--	0.001	0.003
14:0	g	0.001	--	--	0.000	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 170g
16:0	g	0.106	--	--	0.030	0.180
18:0	g	0.007	--	--	0.002	0.012
Fatty acids, total monounsaturated	g	0.216	--	--	0.061	0.367
16:1 undifferentiated	g	0.001	--	--	0.000	0.002
18:1 undifferentiated	g	0.215	--	--	0.061	0.365
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.253	--	--	0.072	0.430
18:2 undifferentiated	g	0.242	--	--	0.069	0.411
18:3 undifferentiated	g	0.002	--	--	0.001	0.003
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan	g	0.017	--	--	0.005	0.029
Threonine	g	0.046	--	--	0.013	0.078
Isoleucine	g	0.049	--	--	0.014	0.083
Leucine	g	0.100	--	--	0.028	0.170
Lysine	g	0.054	--	--	0.015	0.092
Methionine	g	0.031	--	--	0.009	0.053
Cystine	g	0.030	--	--	0.009	0.051
Phenylalanine	g	0.067	--	--	0.019	0.114
Tyrosine	g	0.052	--	--	0.015	0.088
Valine	g	0.069	--	--	0.020	0.117
Arginine	g	0.094	--	--	0.027	0.160
Histidine	g	0.034	--	--	0.010	0.058
Alanine	g	0.060	--	--	0.017	0.102
Aspartic acid	g	0.113	--	--	0.032	0.192
Glutamic acid	g	0.291	--	--	0.082	0.495
Glycine	g	0.071	--	--	0.020	0.121

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 170g
Proline	g	0.065	--	--	0.018	0.111
Serine	g	0.063	--	--	0.018	0.107
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

**Sources of Data**

<sup>1</sup>Steven Levy Fluoride data on infant foods and beverages, 2003 unpublished Fluoride data from Dr. Steven Levy, University of Iowa